

**Crew Off Duty**

| GMT         | CREW | ACTIVITY   |
|-------------|------|--|
| 06:00–06:10 |      | Morning inspection   |
| 06:10–06:40 |      | Post-sleep   |
| 06:40–07:30 |      | BREAKFAST  |
| 09:25–10:55 | FE-2 | Physical exercise (RED)  |
| 09:30–10:30 | FE-1 | Physical exercise (VELO + Load Trainer-1 / day 3)                          |
| 09:55–10:55 | CDR  | Physical exercise (TVIS)   |
| 10:35–10:40 | FE-1 | Calldown of CBO water supply status ( <i>S-band</i> )                      |
| 10:40–10:45 |      | ELEKTON-VM: monitoring air bubble in gas-liquid mixture (ГЖС)              |
| 10:45–10:50 |      | Calldown of СП counter status ( <i>S-band</i> )                            |
| 11:30–12:30 |      | LUNCH  |
| 13:30–14:10 | FE-2 | Maintenance of COЖ   |
| 14:00–14:10 | FE-1 | Tagup with ground specialist: connecting cables to БИТС2-12 ( <i>VHF</i> ) |
| 14:30–14:45 | FE-2 | Private family conference ( <i>S-band</i> )                                |
| 14:50–15:05 | FE-1 | Private family conference ( <i>Ku+S-band TV MCC-ISS-MCC</i> )              |
| 15:45–17:15 |      | Physical exercise (TVIS-3)   |
| 16:05–17:35 | CDR  | Physical exercise (RED)  |
| 17:15–18:15 | FE-2 | Physical exercise (TVIS)   |
| 18:15–18:45 |      | Daily plan review  |
| 18:45–19:15 |      | Prep for work  |
| 19:15–19:30 |      | Daily planning conference ( <i>S-band</i> )                                |
| 19:30–20:00 |      | DINNER   |
| 20:00–20:30 |      | Daily food prep  |
| 20:30–21:30 |      | Pre-sleep  |
| 21:30–06:00 |      | SLEEP  |

**Note:** See OSTP for references to US procedures

End of radiogram